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# Food and Home Notes

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What are black turtle soup beans? They're ordinary black beans used in thick soups and in oriental and Mediterranean dishes, according to agriculture marketing specialists at the U.S. Department of Agriculture.

\* \* \*

Did you know that some people refer to black-eye peas as "cow peas"? They're the same little dry, oval shaped, white (with a black spot) beans that are primarily used as a main dish vegetable. And they're not really peas anyway — they are beans.

\* \* \*

"Great Northern" beans are larger than regular pea beans. They're used in soups, salads, casserole dishes — and as home baked beans.

\* \* \*

Processed cheeses are convenient to use in cooked foods because they melt easily and blend well with other foods.

\* \* \*

## RESEARCH: SPACE CHEESE \*

### — A COMPLETE MEAL

A complete meal — a space cheese food — that requires no preparation, provides nutrients and will not spoil is being researched by Food Scientists at the University of Minnesota at St. Paul.

The researchers are developing a processed cheese sandwich for use in the Space Shuttle. The scientists are trying different formulations to get a cheese that is as soft as possible — one that will not spoil from bacteria, will retain moisture and is palatable.

Food scientist Theodore F. Labuza and his associates at the University of Minnesota are working on the technology, but emphasize that the food industry will have to develop the product. Samples of the cheese that they have developed at the Minnesota Agricultural Experiment Station have been sent to the National Aeronautics and Space Agency in Houston, Texas.

\*See pictures on page 2

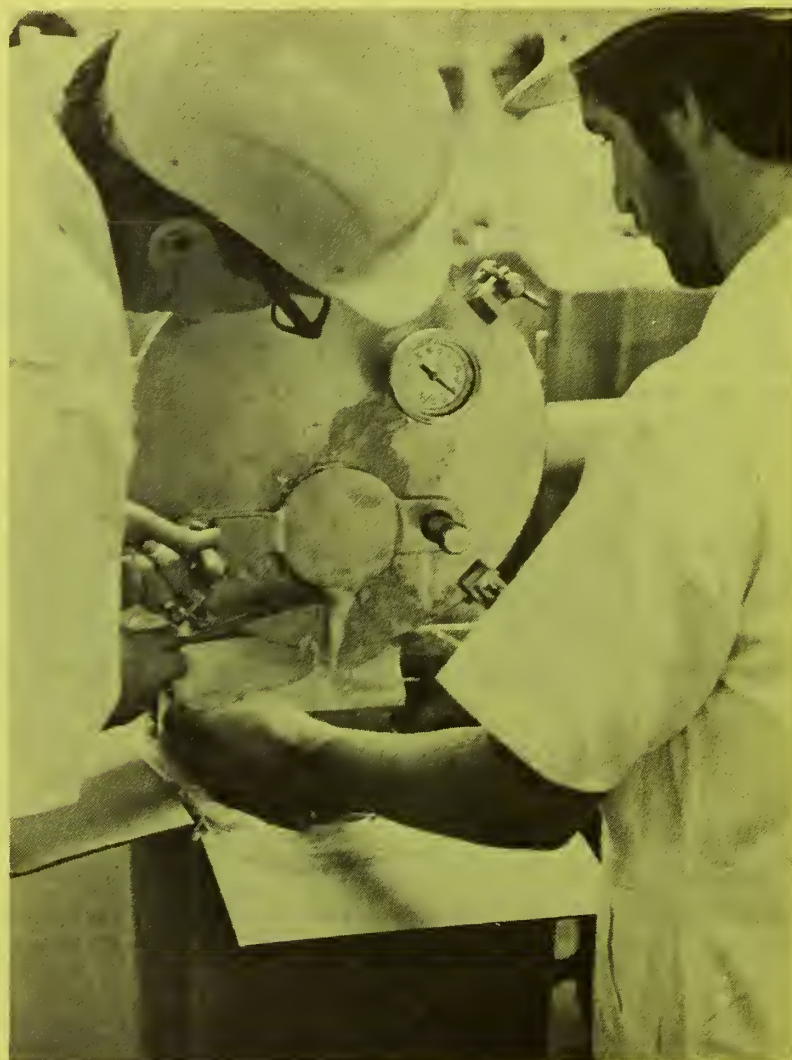




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...Working on "space cheese"

Researchers in the Department of Food Science and Nutrition at the University of Minnesota work to develop a stable intermediate moisture cheese for space travel.



FHN 1476

## COST OF FOOD AT HOME FOR A WEEK (February 1976)

	Thrifty plan	Low-cost plan	Moderate cost-plan	Liberal plan
FAMILIES				
Young couple.....	\$22.30	\$29.10	\$36.70	\$44.20
Elderly couple.....	20.00	25.80	32.10	38.50
Family of 4 with preschool children.....	31.80	41.10	51.50	61.90
Family of 4 with elementary school children.....	38.30	49.70	62.50	75.30
INDIVIDUALS*				
Women				
20-54 years.....	9.10	11.80	14.80	17.70
55 years and over.....	8.30	10.60	13.10	15.60
Men				
20-54 years.....	11.20	14.70	18.60	22.50
55 years and over.....	9.90	12.90	16.10	19.40
Children				
1-2 years.....	5.20	6.70	8.20	9.80
3-5 years.....	6.30	7.90	9.90	11.90
6-8 years.....	8.00	10.30	12.90	15.60
9-11 years.....	10.00	12.90	16.20	19.50
Girls 12-19 years.....	9.50	12.30	15.20	18.20
Boys 12-14 years.....	10.70	13.80	17.20	20.70
15-19 years.....	11.80	15.20	19.00	22.90

\* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of papers describing USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.



## LUMBER RESEARCH

## — BY THE FOREST SERVICE

More lumber for more houses — without harvesting more trees! It's possible because of a new method called "Press Lam", a lumber-type product not sawed from the tree (like regular lumber). Developed by scientists at USDA's Forest Products Laboratory, the logs are "peeled" into thick veneers with a knife by a rotary cutting process. As the log turns against the knife, veneer up to  $\frac{1}{2}$  inch thick can be produced.

This new technique means that wood from several logs can make a single piece of lumber that could be longer than any of the logs or all of them together. For instance, it's possible to get a piece of 2 x 12 lumber from trees only eight inches in diameter. Other advantages are: less sawdust produced with this technique (and not as much trimming waste as in conventional sawing); as the veneer is cut from the log, small cracks appear in it, and, although they have little effect on strength, they do permit easy entry for the preservative solution; an extra lamination can be added to increase the thickness; and the length and width can be changed.

Because it is easily treated with preservatives, Press Lam is of special interest to bridge builders, and builders of homes with large exposed beams.

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